

DUMPLING GUTS SOUP (DECONSTRUCTED DUMPLINGS)

COOS BAY PUBLIC LIBRARY PRESENTS: COOKING WITH THE CO-OP

HOSTED BY MARLOW AND TIM

SAUCE INGREDIENTS:

- 1/2 CUP SOY SAUCE OR LIQUID AMINOS
- 3 TBS HOT WATER
- 2 TBS BROWN SUGAR
- 2 TSP RICE VINEGAR
- 1 TSP SESAME OIL
- 1 PINCH RED PEPPER FLAKES (OPTIONAL)

INGREDIENTS:

- 2 CARROTS
- 1 BUNDLE CHIVES
- 1 SMALL HEAD OF NAPA CABBAGE
- 1/2 LB SHIITAKE MUSHROOMS
- 1 THUMB OF GINGER
- 3 CLOVES OF GARLIC
- 1 BLOCK FIRM TOFU
- 1 BOX RICE NOODLES
- SESAME SEEDS FOR GARNISH
- SALT

INSTRUCTIONS

1. PREP THE NAPA CABBAGE:

CUT THE NAPA CABBAGE INTO BITE-SIZED STRIPS
PUT CABBAGE IN A BOWL AND SPRINKLE WITH SALT. THIS HELPS DRAW OUT MOISTURE.

2. MAKE THE SAUCE:

ADD 2 TBS BROWN SUGAR TO 3 TBS HOT WATER, ADD RED PEPPER FLAKES IF USING. STIR UNTIL BROWN SUGAR IS DISOLVED, THEN ADD: 1/2 CUP SOY SAUCE, 2 TSP RICE VINEGAR, 1 TSP SESAME OIL. LET SIT.

3. PREP THE REST OF THE VEGGIES:

GARLIC AND GINGER: CRUSH AND DICE THE GARLIC. CUT THE GINGER INTO LARGE PIECES OR GRATE IT INTO A PASTE (PREFERED).

CARROTS: CUT IN HALF LENGTH-WISE AND CUT INTO HALF-COIN PIECES

SHIITAKE MUSHROOMS: DICE LOOSELY

4. COOK THE MEAL:

 HEAT DRIZZLE OF OIL IN A POT ON MEDIUM. WHEN HOT:

- ADD GARLIC AND GINGER, COOK FOR A MINUTE OR TWO, UNTIL FRAGRANT.
- ADD SHIITAKE MUSHROOMS AND CARROT. STIR TO MIX
- DRAIN TOFU AND ADD THE WHOLE BLOCK IN, BREAKING IT UP INTO SMALL PIECES USING EITHER YOUR HANDS OR A SPATULA/SPOON.
- SQUEEZE OUT THE EXCESS MOISTURE FROM THE CABBAGE AND ADD IT TO THE POT
- ADD MOST OF THE SAUCE, RESERVING SOME FOR DRIZZLING ON TOP LATER.
- ADD 4/5 A BUNDLE OF CHIVES, CUT IN SMALL PIECES.
- LET COOK UNCOVERED UNTIL THE CARROTS ARE YOUR PREFERED TEXTURE



5. MAKE THE RICE NOODLES:

IF YOUR RICE NOODLES HAVE INSTRUCTIONS ON THE PACKAGE, FOLLOW THOSE.

THESE ARE INSTRUCTIONS FOR OCEAN'S HALO RICE NOODLES:

BRING A POT OF WATER TO A BOIL

ADD RICE NOODLES, COOK FOR THREE MINUTES. DRAIN AND RINSE IN COLD WATER.

6. PUT IT TOGETHER:

YOU CAN MIX THE RICE NOODLES RIGHT INTO THE DUMPLING SOUP, BUT IF YOU ARE PLANNING TO HAVE LEFTOVERS, I DON'T RECOMMEND DOING IT THAT WAY BECAUSE THE NOODLES SOMETIMES BREAKDOWN DURING REHEATING.

HOW I ASSEMBLE A BOWL:

- RICE NOODLES
- HEARTY SCOOP OF DUMPLING SOUP
- SPRINKLE OF CHIVES
- SPRINKLE OF SESAME SEEDS
- DRIZZLE SOME OF THE LEFTOVER SAUCE

ENJOY!

MORE OF A VISUAL LEARNER?

MARLOW AND TIM WILL BE MAKING THIS DISH ON MAY 28TH 2026

VISIT COOSBAYLIBRARY.ORG FOR MORE INFORMATION!

CAN'T MAKE IT? THE LIBRARY WILL UPLOAD IT ON THEIR YOUTUBE PAGE AFTER!

